

# IGNITE & EMBODY

*your inner healer*



## MODULE FIVE

“

I release all things that no longer work for me.

- Beautiful Chorus



# ROUTINES & Goals

How do you begin and end your day? What goals do you have for yourself? Most importantly, how do you want to feel? Set yourself up for success here.

## MY PROPOSED DAILY ROUTINE

- 
- 
- 
- 

## 4 WAYS I WILL BE INCORPORATE CONNECTION

- With myself:
- With loved ones:
- With community:
- With nature/universe/God/Spirit:

## GOALS + IDEAS FOR TODAY

- Food:
- Work / Household:
- Physical exercise / Movement:
- Other:

*A Daily Journal*

# SOMATIC

*Self-care*

What do you do for the first thing after you open your eyes in the morning? Put down your phone, love and use these sheets to check in with yourself - body, mind, gratitude, and intentions.

## **GRATITUDE**

## **INTENTION OR DEDICATION**

## **WHAT I NOTICE IN MY BODY RIGHT NOW**

## **IMAGES, EMOTIONS, IDEAS, OR IMPULSES PRESENT NOW**

## **I AM LETTING GO OF:**

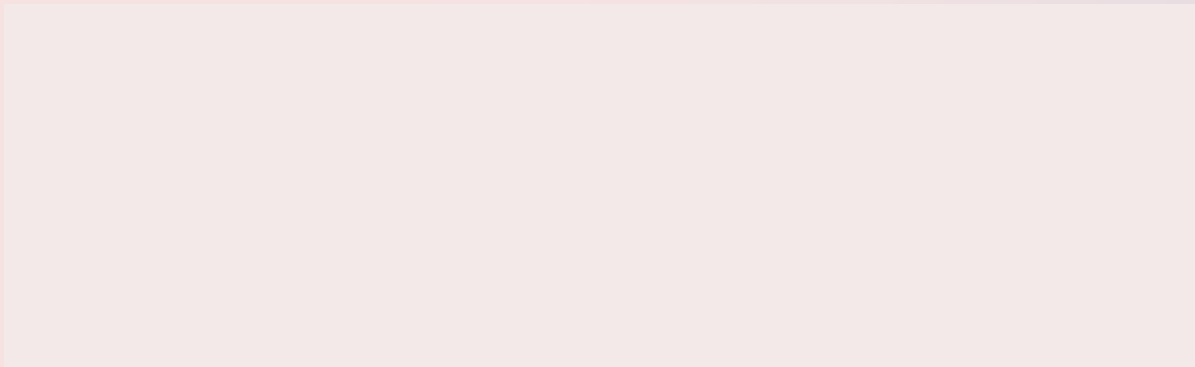
Yogic Philosophy

# JOURNAL &

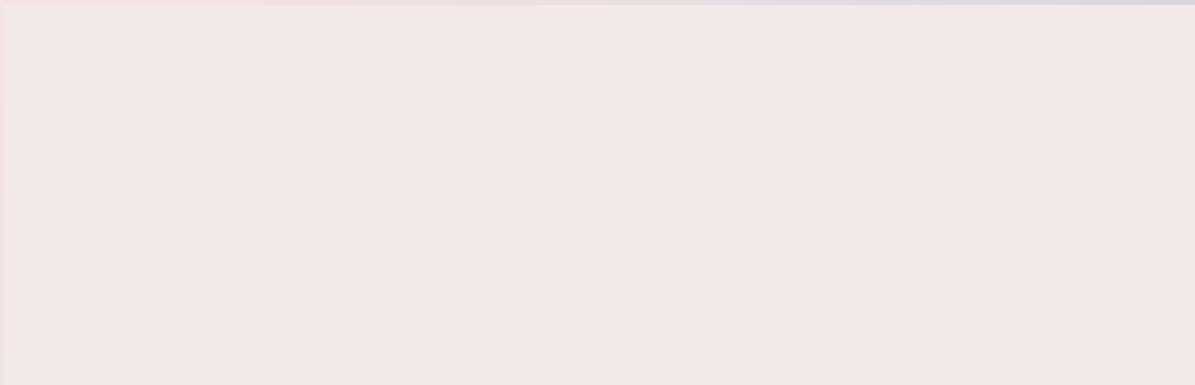
Reflect

This week we're discussing **non-attachment and letting go of what no longer serves us**. This is tied to the yogic philosophy of *Aparigraha*. Use the following pages to explore what these themes mean to you and how they show up in your life.

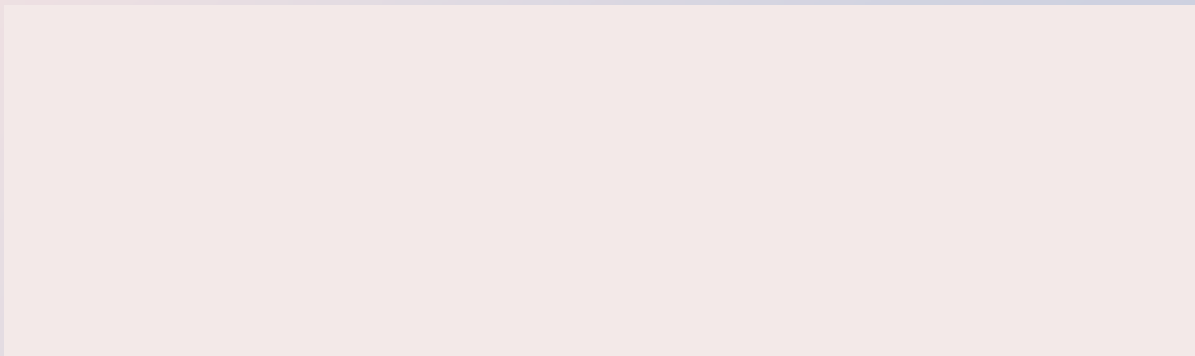
What have I been holding onto that no longer brings me joy?



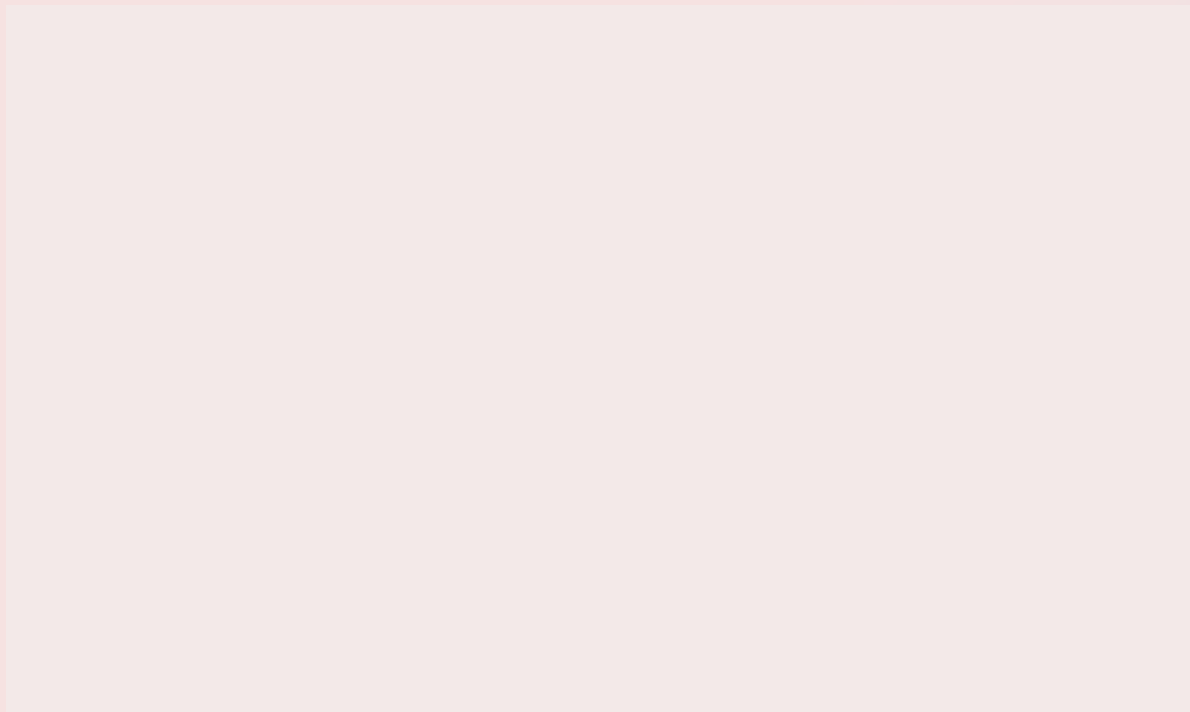
What outcome am I seeking by holding on to this story, person, or event?



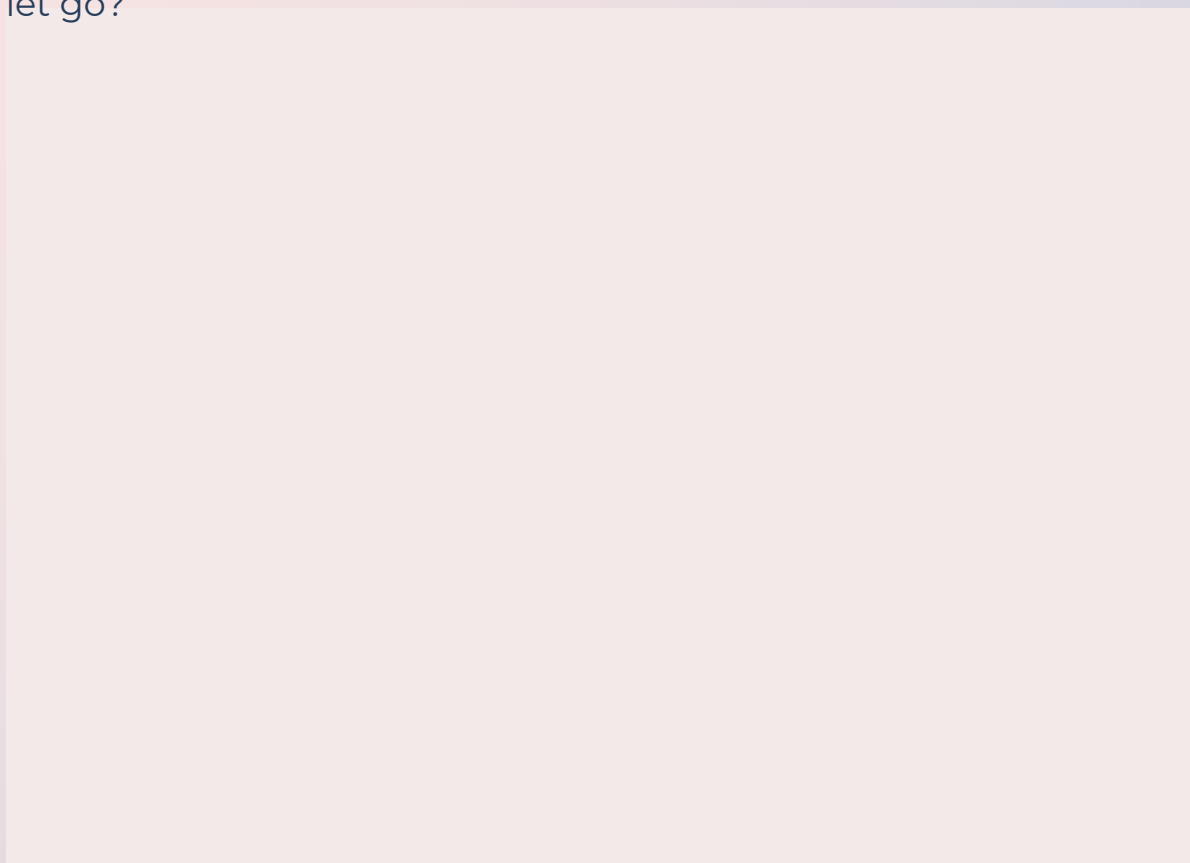
Simple ways I can practice Aparigraha



Where does my story manifest in the ways that I show up for myself, in my life, in my relationships, and in my work?



Where in my body do I still feel this story? What would it feel like to let go?



# WHAT IS THIS *feeling?*

Putting a name to what we're feeling can be tricky, especially if it's unfamiliar or uncomfortable. When we pause to examine these expressions in our body, we come to an opportunity to fully embody - and resolve them.

Use these word banks as a starting point for the following pages, and maybe come up with your own as you go.

## Sensations

achey	contracted	itchy	teary
airy	constricted	light	tender
blocked	disconnected	nauseous	thick
breathless	dizzy	nervey	throbbing
bruised	dull	numb	ticklish
bubbly	electric	open	tight
burning	expansive	pounding	tingling
buzzy	floating	prickly	trembling
calm	frozen	radiating	twisted
clenched	full	realxed	twitchy
closed	heavy	shakey	warm
cold	hollow	sore	weighted
congested	hot	stuck	zingy

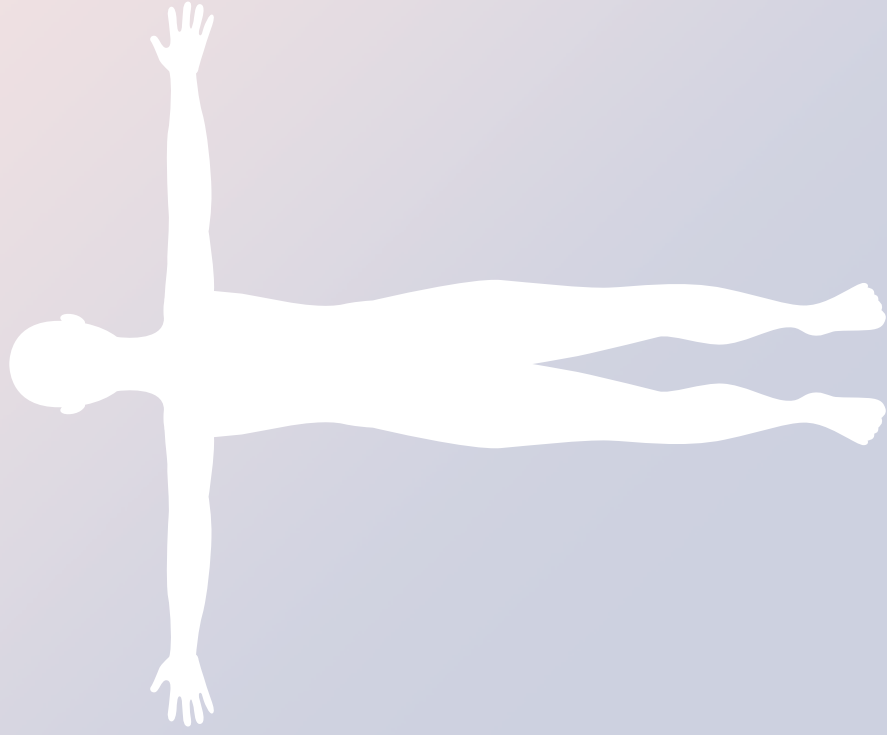
## Emotions & Experiences

admiration	disgust	happy	pleased
amused	depressed	hatred	pity
anger	desire	joy	sadness
annoyed	envy	love	satisfied
anxiety	excited	lonely	shame
apathy	frustrated	nervous	shy
awe	grateful	nostalgia	tired

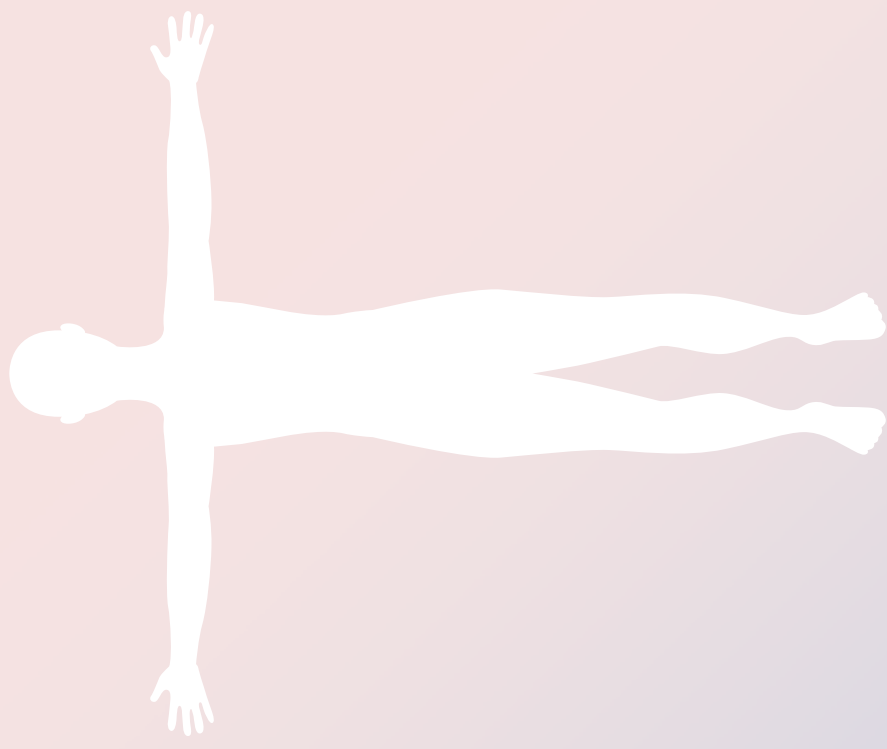
# MAPPING *the body*

I invite you to use this page to explore what you notice in your body - using sensations, words, colors, images, stories, etc... You may wish to print this or import to a processor that lets you free-style with color and script.

**FRONT**



**BACK**





# TRACKING

*my body*

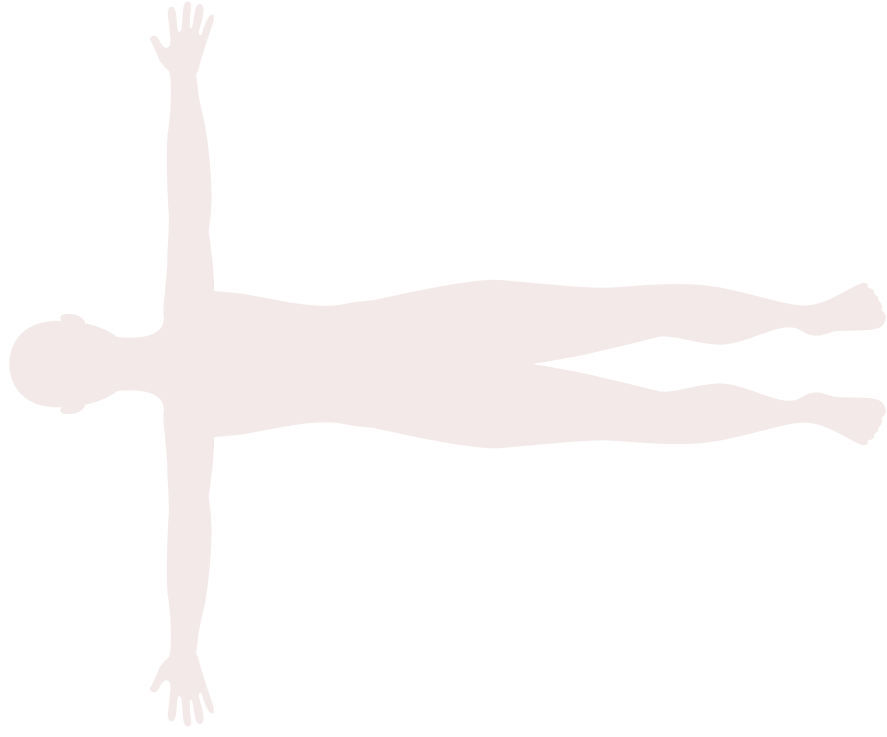
Allow this tracker to support your curiosity. Follow along each day with what's present for you, or with the specific body part/area that we're working on in session each week.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What I noticed in my body (or specific area of interest)							
Emotions I felt today...							
What triggered me today							
What was helpful							

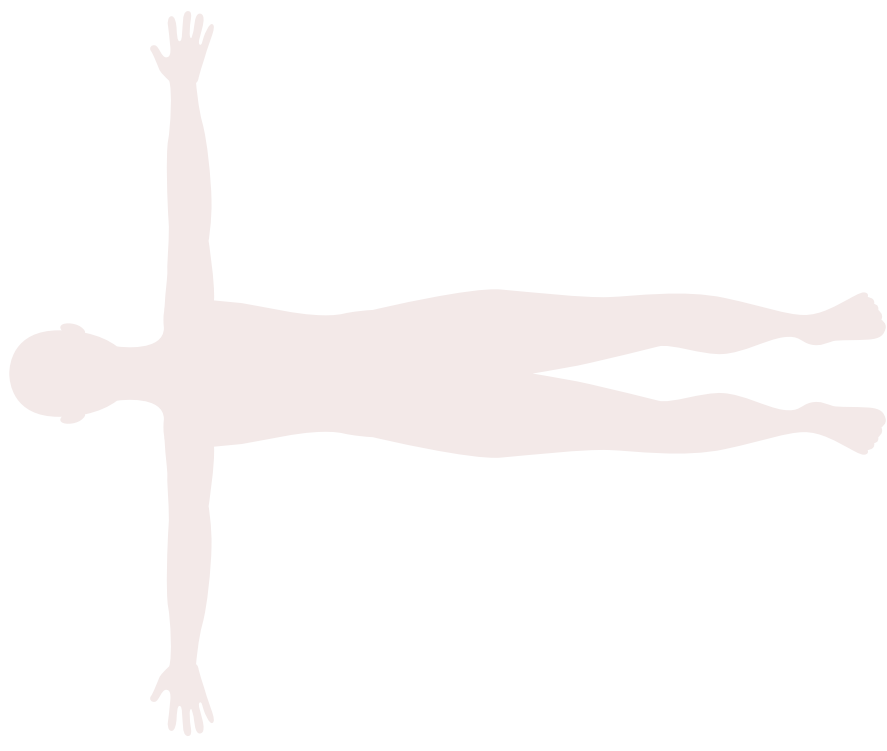
# MAPPING *the body*

I invite you to use this page to explore what you notice in your body - using sensations, words, colors, images, stories, etc... You may wish to print this or import to a processor that lets you free-style with color and script.

**FRONT**



**BACK**



# TRACKING

*my body*

Allow this tracker to support your curiosity. Follow along each day with what's present for you, or with the specific body part/area that we're working on in session each week.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What I noticed in my body (or specific area of interest)							
Emotions I felt today...							
What triggered me today							
What was helpful							



# COPYRIGHT NOTICE

All rights reserved. No part of this module (including but not limited to processes, workbook, templates, or any resource materials inside of this workbook) may be reproduced in any manner without the permission from the publisher.

*Maria Noe*  
SOMATIC COACH